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Survivors' totem project close to hitting $15K goal

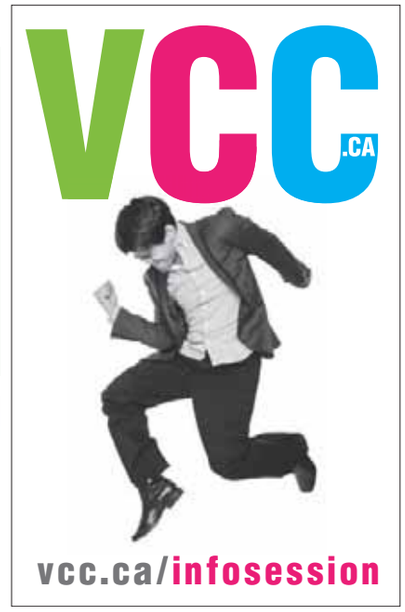
Crowdfunding in its final week for DTES initiative PAGE 5

Here comes the sun, little darlin' ... so be careful!

Everything you should know about sun safety PAGE 15

THESE QUESTIONS ARE MAKING ME THIRSTY!

JERRY SEINFELD TALKS COFFEE, AMBIDEXTERITY AND THAT PESKY SECOND BUTTON DURING ANOTHER REDDIT 'ASK ME ANYTHING' PAGE 13



LIFE ON MARS

B.C.-born physicist Ross Lockwood poses with a Canadian flag during his space walk at NASA's Hawaii Space Exploration Analog & Simulation project on Mauna Loa. Lockwood spent four months eating dehydrated food and breathing recycled air to simulate living on Mars. Story, page 4.

COURTESY ROSS LOCKWOOD

Sex assault ads pulled, said to shame victims

Wording. Posters put up as part of TransLink campaign provoked "rage and sadness"

A SkyTrain ad campaign that aimed to raise awareness of reporting sexual assault on transit is being taken down after some people complained it shamed victims instead.

The ads, which went up late last week in hundreds of SkyTrain cars across Metro Vancouver, read: "If it doesn't feel right, then it's wrong. Not reporting sexual assault is the real shame."

The ads are part of a campaign encouraging victims and witnesses of sexual assault to report incidents using TransLink's text message system. Soon after the ads went up, however, some customers complained about their wording.

Vancouver artist Anoushka Ranarajah, who posted a photo of the ad on Instagram, told Metro she felt "rage and sadness" when she saw the ad, which she felt placed the blame for sexual assault on victims.

Ranarajah, who works with sexual violence survivors and has been the victim of unwanted touching, staring and verbal sexual harassment while using transit, said the word "shame" was triggering for her.

"There are lots and lots of people who take the bus and lots of people who are survivors of sexual assault, so I just knew that if I was being triggered, chances are somebody else was," she said.

TransLink spokeswoman Anne Drennan said as of Monday, they had received 20 complaints from customers.

While she apologized to anybody who found the ads offensive, Drennan said TransLink's intention was to encourage people to report sexual offences so police could thoroughly investigate the incidents.

"We never intended to lay blame on victims in any way, but rather to suggest that it's a real shame that these people get away scot-free when these incidents are not reported," she said.

Replacement ads will go up in about a week and will be reviewed and approved by the transit police chief's community council, which includes representatives from local women's groups and support services, she said.

Drennan said the ads are being taken down and will all be removed within three to four days. THANDI FLETCHER/METRO

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City, CP no closer to deal as deadline for gardens looms

Arbutus corridor.
CP says it will uproot gardens July 31

EMILY JACKSON
emily.jackson@metronews.ca

A multimillion-dollar spat over the Arbutus corridor between CP Rail and the City of Vancouver is nowhere near a resolution, days before the railway has promised to clear the land of beloved community gardens.

CP wants to sell the city the 11-kilometre track that runs from False Creek to the Fraser River — it wants $100 million for the land, according to a Vancouver Sun report — but the city says the land isn't worth nearly that much because it's designated as a transportation corridor.

The value is "much closer to $5 million than $100 million, that's for sure," Mayor Gregor Robertson told reporters Monday, although he wouldn't confirm reports that the city would pay $20 million for the land.

CP can't develop the land for commercial or real estate uses because the city won a 2006 B.C. Supreme decision to determine the land use as a transportation corridor. The city wants to keep using the land as a greenway until there is demand for rapid transit along the route.

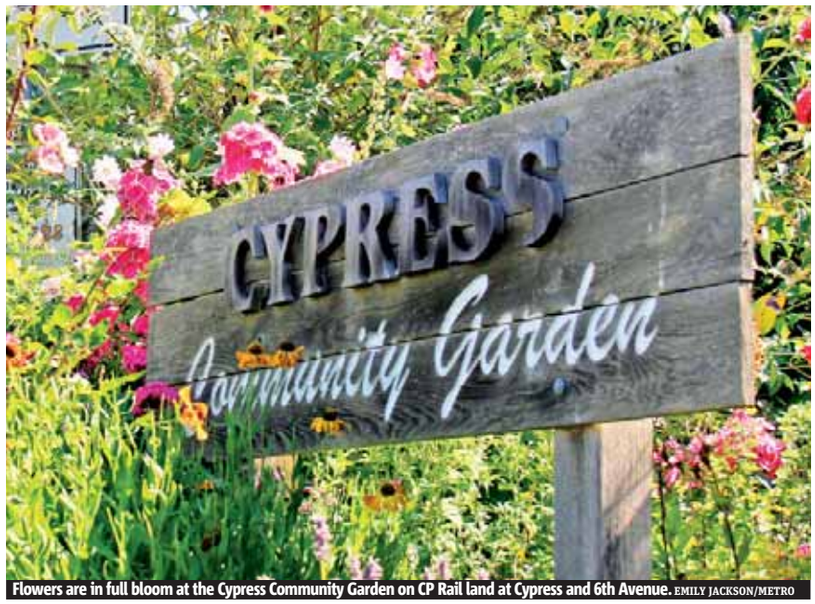
Robertson hopes CP will "back off" on plans to sweep the gardens from the tracks, which haven't been used by the railway since 2001.

But the railway has given the decades-old community gardens on the property (some are city-licensed) a July 31 deadline to vacate so it can prepare the tracks for use once more.

Unless the city offers to enter "real constructive conversations," CP will begin work as planned on Aug. 1 to return the track to federal standards, spokesman Ed Greenberg said in an email Monday.

Caught in the squabble are the gardens that cropped up along the tracks decades ago.

CP met with the Maple, Cypress and Pine community gardens and was "very adamant and clear" that it will not extend the deadline past July 31 even though it's in the middle of growing season, Cypress gardener Maureen Ryan said.



Flowers are in full bloom at the Cypress Community Garden on CP Rail land at Cypress and 6th Avenue. EMILY JACKSON/METRO

But gardeners remain hopeful that the city and CP will "show leadership" and negotiate a way forward. "We are hoping that we're not witnessing the loss of what is a very important asset," she said.

Independent review for SkyTrain failures

TransLink has announced an independent review into two recent system-wide SkyTrain disruptions that raised the ire of commuters and politicians.

Gary McNeil, the recently retired CEO of Toronto's GO Transit, has been hired to lead the investigation, which will review TransLink's response plan for major service disruptions and identify potential improvements.

TransLink CEO Ian Jarvis said the disruptions caused customer confidence in the system to erode and highlighted the need for review.

"The system is a great system, it's a safe system," said Jarvis. "(The two disruptions are) unique, it's unprecedented. We need to take stock and have a good hard look at it."

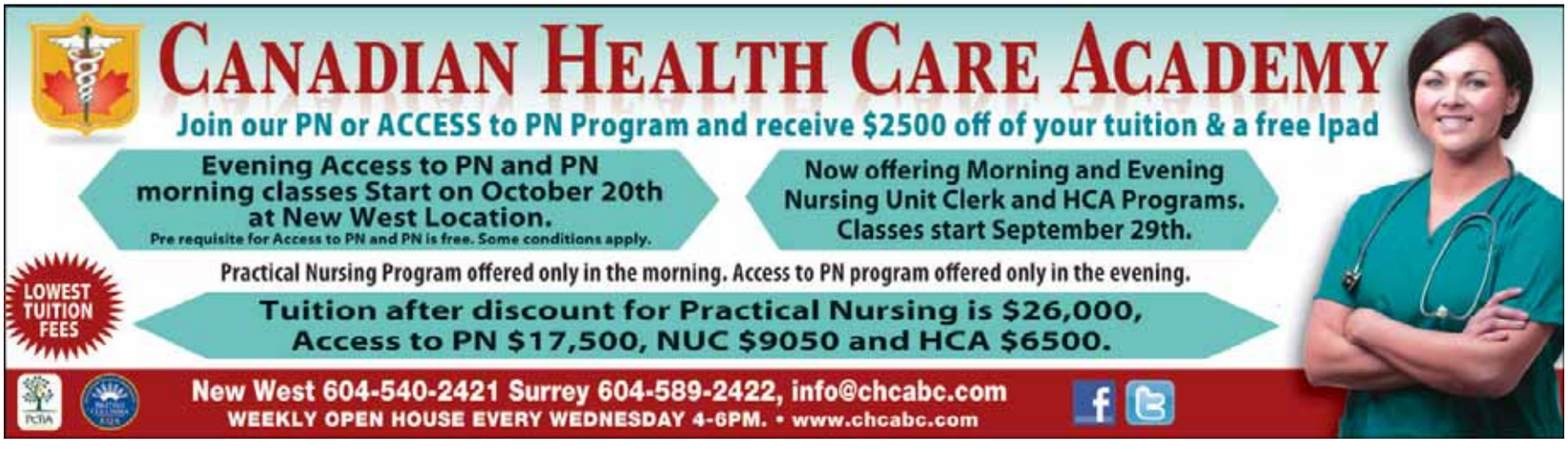
Both Millennium and Expo lines were stalled for approximately five hours last Monday after an electrician installing a circuit breaker tripped the system's breaker and caused a power outage at SkyTrain's operations centre.

The outage left people stranded on trains, and made it impossible for TransLink to communicate with trapped riders — some of whom took matters into their own hands by prying open doors and walking on the potentially electrified tracks.

The disruption followed another, albeit shorter, system-wide shutdown the Thursday before, during rush hour, due to a computer card problem.

Neither problem was caused by the system's aging infrastructure, according to Jarvis.

McNeil's mandate is to evaluate TransLink's response plan for major system outages from operational, customer safety and services, and public communications perspectives and make recommendations to improve the plan and determine how disruptions can be prevented. MATT KIELTYKA/METRO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Canadian researcher concludes 4-month NASA Mars simulation

Research. B.C.-born experimental physicist PhD candidate embarked on a one-of-a-kind trip

Ross Lockwood reads fellow Canadian Chris Hadfield's book while on a NASA simulated Mars expedition in Hawaii.
ROSS LOCKWOOD/CONTRIBUTED

For Ross Lockwood, a trip to Hawaii just isn't the same as it would be the rest of us.

While most Canadians visit the Pacific islands for a relaxing week on pristine beaches and adventure through lush vegetation, the B.C.-born experimental physicist PhD candidate from the University of Alberta donned a NASA space suit and embarked on a four-month mission atop a barren volcanic landscape to simulate a human mission to Mars.

He had direct contact with only a small crew of researchers in cramped quarters, breathed only recycled air and ate only dehydrated food, while being responsible for the power and environmental systems on their simulated Mars habitat on Mauna Loa volcano as part of the NASA-funded Hawaii Space Exploration Analog & Simulation (HI-SEAS) project from March to July.

"It was interesting, to say the least," said the Edmonton-based scientist from Winfield, B.C.

Lockwood conducted approximately 60 "spacewalks" during the 120-day mission, gathering geological samples and conducting field research.

The landscape formed by the shield volcanoes of Hawaii were specifically chosen because they closely resemble areas of the Red Planet.

The primary goal of the mission was to gauge the psychological impact a prolonged mission can have on a team of highly-trained scientists and astronauts.

Lockwood said he definitely felt the strain, which he documented in the five daily surveys the team was required to take.

"Our teamwork did get worse as a function of the time we spent together," he said. "The things you learn from someone upon meeting them for the first time isn't what can cause a problem. Over time, we got to know each other very well, and the different personalities could make it difficult at times."

But it was all worth it, according to Lockwood.

"There's an enormous sense of pride," he said, that the lessons he's learned the hard way will help astronauts avoid the same issues on real missions in the future.

Now that he's free, Lockwood is being joined in Hawaii by his parents, sister and girlfriend — with whom he had only limited and time-delayed communications with during the simulation — to enjoy Hawaii like the rest of us do.

Lockwood plans to complete his PhD and focus his work on space-related projects.

He's not sure if he could endure another 120-day simulated Mars mission.

Neither is his girlfriend.

"That would be a big 'no' from her," he joked.

This reporter missed the opportunity to ask Lockwood if a David Bowie-inspired "Life on Mars?" music video was filmed during the simulation.

However, the Canadian famous for singing another Bowie track from space — astronaut Chris Hadfield — did tweet a photo of Lockwood reading a copy of his book in full gear during the mission.

MATT KIELTYKA/METRO

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Survivors' totem pole near funding goal

Downtown Eastside resident and carver Skundaal. JENNIFER GAUTHIER/METRO FILE

Downtown Eastside. Crowd funding campaign aims to raise $15,000

One community's dream is a step closer to becoming reality.

Crowd funding for the Downtown Eastside survivors' totem pole is in its final week of campaigning on Kickstarter and it's looking more and more likely that the project will meet its goal of $15,000.

As of Monday afternoon, the project was within $200 of its target with six days to go.

Most of the cash will be used by one-named carver Skundaal, Bill Reid's only female apprentice, to pay a team of apprentices as they put finishing touches on the 30-foot totem.

The totem will then be erected at an undisclosed location in the Downtown Eastside in honour of First Nations, Chinese Head Tax survivors, victims of Japanese internment, the homeless and those currently facing gentrification and other issues in the community.

The rest of the money will be used to plan the community launch and totem raising in September.

Because the totem is a tribute to the hardships, historical and current, faced in the community, Skundaal said, the project has taken on a life of its own.

The near universal support for the idea has spurred the artists on throughout the summer and towards completion.

"It's nerve-wracking, but it's also exciting — like giving birth," said Skundaal, who has been working full-time with three apprentices.

"At this point we'd do it no matter if we reach the goal or not. No one is complaining, let's put it that way."

MATT KIELTYKA/METRO

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Montrose Avenue

Abbotsford man charged with sex assault

An Abbotsford man allegedly involved in a sex assault on Saturday is now facing charges.

The reported incident happened at 1:55 p.m. when a young woman called Abbotsford Police to report that she had been grabbed by a man who then moved a short distance away and appeared to be exposing and touching himself.

The incident took place in the 2400-block of Montrose Avenue, police said.

Officers interviewed the 18-year-old victim and a witness, and located a man matching the description who was still in the area.

Amrik Singh Kular, 43, of Abbotsford was arrested. He has been charged with sexual assault and committing an indecent act.

THANDI FLETCHER/METRO

No injuries

Suspect sought after three fires were set: Police

Police are searching for an alleged arsonist believed to be responsible for setting three fires in downtown Vancouver on Sunday.

In each case, Vancouver Police said a man entered the public washrooms of local businesses and set fire to the contents of the garbage cans and waste bins.

The first fire was set at about 4:30 p.m. at a business on Robson near Bute Street, while a second fire was set at a coffee shop on Davie Street near Thurlow Street about an hour later, police said, adding the third fire started around 7:30 p.m. at a restaurant on Mainland Street near Nelson.

The suspect is described as white, in his mid- to late 20s with a medium build and short, light brown hair, according to witnesses. He was wearing a brown hooded sweatshirt. METRO

Middle East conflict

B.C. premier supports Israel in open letter

Premier Christy Clark says British Columbia can be counted on as a friend of Israel, in a letter posted to the website of The Centre for Israel and Jewish Affairs.

Clark says Israel has the right to defend itself against terrorist attacks in the letter posted Sunday.

She says the current conflict in Israel and Gaza is of concern to anyone who believes in democracy and human rights and urges readers of her letter to remember the values British Columbia shares with Israel.

She says Israel is a "culturally rich democratic nation" committed to maintaining the rights of its citizens "regardless of gender or religion." Clark also says in the letter that the world hopes for a peace that satisfies both Israelis and Palestinians.

THE CANADIAN PRESS

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Vancouver Mayor Gregor Robertson proclaims Pride Week and raises a rainbow flag at city hall on Monday.
EMILY JACKSON/METRO

Vancouver 'paved with rainbows'

LGBTQ. Mayor proclaims Pride Week as he lauds city's accomplishments

EMILY JACKSON
emily.jackson@metronews.ca

Vancouver celebrated a year of wins for the local LGBTQ community as the mayor proclaimed Pride Week and raised the rainbow flag at city hall on Monday.

Mayor Gregor Robertson listed the city's accomplishments, including an inclusive park-board policy for trans people, an updated school-board policy for sexual orientation and gender identity, plans for an LGBTQ resource centre in the West End and Coun. Tim Stevenson's "brave and inspiring" mission to Sochi to lobby the International Olympic Committee to enshrine LGBTQ rights.

These "stand as proud signals of remarkable progress" in a city where "in some places the streets are even paved with rainbows," Robertson said in a nod to the rainbow crosswalks installed for Pride 2013. But it wasn't lost on the mayor or anyone else in attendance that not all places are as progressive as Vancouver.

Being a member of the LGBTQ community is illegal in more than 70 countries and punishable by death in five.

A panel discussion held in council chambers before the flag-raising ceremony addressed the plight of the community around the world and what Vancouver can do to help when it comes to queer refugees looking to call the city home.

Recommendations included a city-funded staff position at Rainbow Refugee and social housing set aside for queer refugees.

The panel, made up of local activists, lawyers and refugees from Uganda and Montenegro also supported the idea of making Vancouver a sanctuary city.

Wide-open 3-way race

Surrey election shaping up to be 'fun': Pollster

The mayoral race in Surrey is shaping up to be one of November's most interesting municipal election stories, according to one pollster.

Insights West released a new poll on Monday, with less than four months to go until Surrey voters cast their ballots.

With only two declared candidates to date, vice-president Mario Canseco said he was interested in gauging the name recognition of the contenders.

It turns out the 507 residents who responded in the online poll are more familiar with Doug McCallum, the city's former mayor trying to make a comeback after nine years away (83 per cent), than they are with Surrey First councillor Linda Hepner, the ruling party's appointed replacement for outgoing Mayor Dianne Watts (67 per cent). Despite the gap, the poll found both candidates have about the same level of early support.

However, there's a third possible contender who could shake things up. Independent councillor Barinder Rasode, formerly of Surrey First, remains undeclared but has been gathering support and campaigning for a potential run.

Over the last weekend, she held a private function at Vikram Vij's My Shanti restaurant in Surrey with supporters, including the celebrity chef.

A wide-open three-way race is making for a "fun" election season, according to Canseco. The municipal elections are Nov. 15.

MATT KIELTYKA/METRO

Red Scorpions. Police arrest alleged 'principal player' of B.C. gang

Police say they have "significantly disrupted" the activity of British Columbia's notorious Red Scorpions gang in Alberta after arresting a man they allege was a "principal player" in the criminal organization and three "associate members."

Cory James Lesperance, 29, was arrested on July 23 after police executed a search warrant just outside Red Deer. He now faces 14 drug and weapons charges.

Police allege the former B.C. resident is a Red Scorpions member "at the centre of a drug-trafficking network operating in Alberta."

Three alleged Red Scorpions associates were also arrested: Robin Joseph Stewart, 52, Nicholas David James White, 21, and Amber McLeod, 23. METRO

Hep C. Centre pioneering new screening process

A new Hepatitis C screening process is being developed in B.C. to take advantage of promising new treatments.

Genome British Columbia is funding scientists at the B.C. Centre for Excellence in HIV/AIDS to develop a screening test for a variant of the Hepatitis C virus (HCV) with a polymorphism called "Q80K" that renders a new drug called simeprevir less effective.

Simeprevir represents the "first wave of a new class" of oral HCV drugs that have shown promising signs in clinical trials, according to the centre's Dr. Richard Harrigan.

But the U.S. Food and Drug Administration has found that about a quarter of the patient population in that country doesn't respond well to the new, and expensive, drug treatment. There is currently no similar screening or studies into the use of the drug on patient populations in Canada.

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This April 2013 photo shows bitcoins in Sandy, Utah. THE CANADIAN PRESS FILE

Finance memo warns of illicit potential of Bitcoin currency

The high level of anonymity and lack of regulation associated with Bitcoin transactions may make the virtual currency "an attractive payment method for criminals," warns a newly disclosed Finance Department memo.

The internal memo, prepared for the late finance minister Jim Flaherty, says while the degree of criminal activity involving Bitcoin is unclear, some have raised flags about its potential to fund illicit behaviour.

"Virtual currencies such as Bitcoin have been criticized for their potential to fund illicit activity, such as money laundering and terrorist financing," the memo to Flaherty says.

The May 2013 memo to Flaherty, who died last April, was released under the Access to Information Act.

It was among several internal notes — including an RCMP analysis — revealing concern among federal officials about Bitcoin and other virtual currencies.

THE CANADIAN PRESS

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Relatives help Hazem Eshbair, who lost two of his children in an explosion at a park at authorities traded blame over the attack, that also claimed eight others while fighting

Hamas told that 'worse'

Gaza crisis. Israeli PM says his country needs to be 'ready for a prolonged campaign' as attacks from both sides mount

Israel's prime minister warned Monday that the country faced a prolonged campaign against Hamas in the Gaza Strip, as the military urged residents in parts of the embattled territory to evacuate ahead of what appeared to be a broadening of the three-week war.

"What is coming will be worse," the Israeli military said in phone messages targeting Gaza militants.

Israeli leaders have been mulling whether to expand the assault against Hamas in Gaza or respond to international calls for a truce.

The international community has so far been unable to bring about a ceasefire that would end the fighting, which has already killed at least 1,072 Palestinians, 52 Israeli soldiers and two Israeli civilians as well as a Thai citizen working in Israel.

But with attacks mounting from both sides Monday, and Israel and Hamas far apart on terms for a truce, a ceasefire appeared elusive.

"We need to be ready for a prolonged campaign," Israeli Prime Minister Benjamin Netanyahu said. "We will continue to act aggressively and responsibly

China

Police take down church's cross amid crackdown

Hundreds of police took down a church's cross on Monday in a city known as "China's Jerusalem" for its many houses of worship amid a crackdown on church buildings in a region where thousands are embracing Christianity.

Evangelist Qu Linuo said police used a crane to remove the three-metre-tall red cross from its steeple.

Authorities told the church the cross violated building height limits, and returned it to the parishioners, who wept and prayed around it, said Qu, who is a member of another church. A man at the county's public security office said he didn't know anything about the incident, and the Longgang township police didn't answer calls. THE ASSOCIATED PRESS

Shati refugee camp in the northern Gaza Strip on Monday. Israeli and Palestinian raged on despite a major Muslim holiday. ADEL HANA/THE ASSOCIATED PRESS

by Israelis is coming

until the mission is completed to protect our citizens, soldiers and children."

Hamas spokesman Sami Abu Zuhri struck a defiant tone in response to Netanyahu's warnings.

"His threats do not scare Hamas or the Palestinian people, and the occupation will pay the price for the massacres against civilians and children," he said.

Israel said it sent text messages and phoned residents of northern Gaza — including Shijaiyah, the site of one of the war's bloodiest battles last week — urging them to flee their homes and move toward Gaza City.

The United Nations on Monday called for an "immediate" ceasefire in the fighting and on Sunday, U.S. President Barack Obama called Netanyahu to push for an immediate end to the conflict.

But Israel and Hamas's terms for ending the fighting remain far apart. Hamas has conditioned a halt to the fighting on an easing of a crippling blockade on the territory imposed by Egypt and Israel.

THE ASSOCIATED PRESS

Quoted

"God help us. We have nothing to do but pray."

Jabaliya resident Sufian Abed Rabo, who said his family of 17 has taken refuge underneath the stairway in the building of their home, which they rebuilt after it sustained damage during the 2009 war in Gaza

Hygiene

Study: Fist bumps not just hip greeting, they spread fewer germs

When it comes to preventing the spread of germs, maybe the U.S. president is on to something with his fondness for fist bumps.

The familiar knocking of knuckles spreads only one-twentieth the amount of bacteria that a handshake does, researchers report. That's better than a high-five, which still passes along less than half the amount as a handshake.

So, fist bumps, popularized by Barack Obama and others, seem to be the wisest greeting, especially during cold and flu season, said researcher David Whitworth of Aberystwyth University in Wales.

"And there are alternatives to handshakes. You see them on (TV) all the time," Whitworth said. THE ASSOCIATED PRESS

Bank of Canada. Love can move mountains — but apparently cash can, too

The Bank of Canada had claimed its new plastic $10 bank notes included an image of Mount Edith Cavell, a peak in the Canadian Rockies.

But Hitesh Doshi in Toronto, who had hiked the mountain, thought something was amiss when the image didn't match his memory or his photos.

Doshi contacted the Bank of Canada last November, and last week, the central bank changed its website, removing Mount Edith Cavell and other peaks from its description of the back of the $10 bank note.

THE CANADIAN PRESS

Ryerson University professor Hitesh Doshi poses with a $10 Canadian bank note in Mississauga, Ont., on Monday. Doshi discovered an error in a mountain which adorns one of Canada's new plastic bank notes. NATHAN DENETTE/THE CANADIAN PRESS

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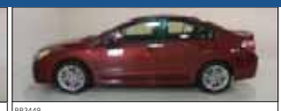
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S14433A
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S14636A
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Canadian malls expand to feed our appetite for high-end goods

Trends. Luxury retailers continue to look to Canada, as major malls continue to grow to meet to the demand

Long lines and big crowds packed the Yorkdale Mall in Toronto for Boxing Day shopping in 2012. Malls in big cities across the country are full, with high-end brands continuing to fuel the growth, according to CBRE Group research. TORSTAR NEWS SERVICE FILE

While big box retailers such as Target have struggled to get a foothold in Canadian markets, demand for luxury retailers is strong and fuelling massive expansion projects at shopping malls across the country.

According to research by commercial real estate company CBRE Group, more luxury retailers are predicted to arrive in Canada, albeit at a more moderate pace compared to the flurry of activity seen in the last three years.

The aftermath of the 2008 financial crisis and recession spurred a boom in retail development with foreign retailers, primarily American ones, turning their sights to Canada. Construction hasn't kept up with demand.

There is little to no vacancy in highly sought-after shopping centres and neighbourhoods, according to CBRE's head researcher Ross Moore.

"We just don't have empty retail to speak of. (Across the country) malls are generally full. If you're a Spanish or Italian or U.S. retailer, you are going to be put off by that. Supply is the key. Until we build more, that's going to be a challenge."

The study, which measured the number and type of retailers that set up shop in 2013, found that luxury and high-end fashion brands constitute the majority of new arrivals in Canada.

Newcomers in the jewelry, designer fashion and accessories categories are driving the demand for additional retail space.

In the cities, where most of Canada's top income earners reside, construction cranes are busy piecing together the new extensions: In Vancouver, the Pacific and Oakridge Centres are getting bigger (adding 578,000 square feet and 373,000 square feet, respectively); Calgary's Chinook Centre is expanding (140,000 square feet) as well as Ottawa's Rideau Centre (230,000 square feet).

In Toronto, top-tier malls Yorkdale and Sherway Gardens are simultaneously undergoing multimillion-dollar expansions to accommodate new anchor tenant, the upscale U.S. department store Nordstrom.

For Yorkdale, it's the second expansion in four years. In 2012, the mall underwent a $220-million renovation, adding 145,000 square feet to its footprint. The new wing, set to open in 2016, will add 298,000 square feet.

Claire Santamaria, Yorkdale's general manager, says the mall's location at the edge of the city means there's ample space to grow.

Moore predicts that malls in major markets will keep seeking opportunities to expand, but construction will level off to a more steady pace in coming years as developers and supply chains need time to adjust to the influx of brands.

He adds that shopping centres in major urban centres focused on becoming retail "destinations" will continue to court niche luxury boutiques by reconfiguring existing space once occupied by retailers like Sears Canada, which shuttered several of its flagship stores this year, including its locations in the Eaton Centre and Yorkdale.

THE CANADIAN PRESS

The top 2%

While stagnant wages, inflation and consumer debt have kept many shoppers just browsing, the appetite of well-heeled shoppers for luxury goods has been healthier.

- "If you're a luxury retailer you don't care if sales have been growing by one per cent, you're only interested in the top two per cent of the population and that group's doing fairly well by and large," says CBRE's Ross Moore.

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Poll. Medical costs top list of aging-related worries

A new poll suggests that health and medical costs are the biggest financial worry for Canadians later in life.

The Bank of Montreal report, titled Living to 100: The Four Keys to Longevity, found that 74 per cent of those recently polled foresee medical costs as their biggest expense in their senior years.

On average, those polled expect to spend $5,391 in out-of-pocket medical expenses every year after the age of 65.

About 30 per cent believe they'll be paying between $1,000 to $5,000 in annual medical costs, 21 per cent say they have no guess, 20 per cent expect to spend under $1,000 and 16 per cent say they expect to spend between $5,000 to $10,000.

Six per cent anticipate on paying between $10,000 to $15,000, while three per cent expect to pay between $15,000 to $20,000 or $20,000 or more.

THE CANADIAN PRESS

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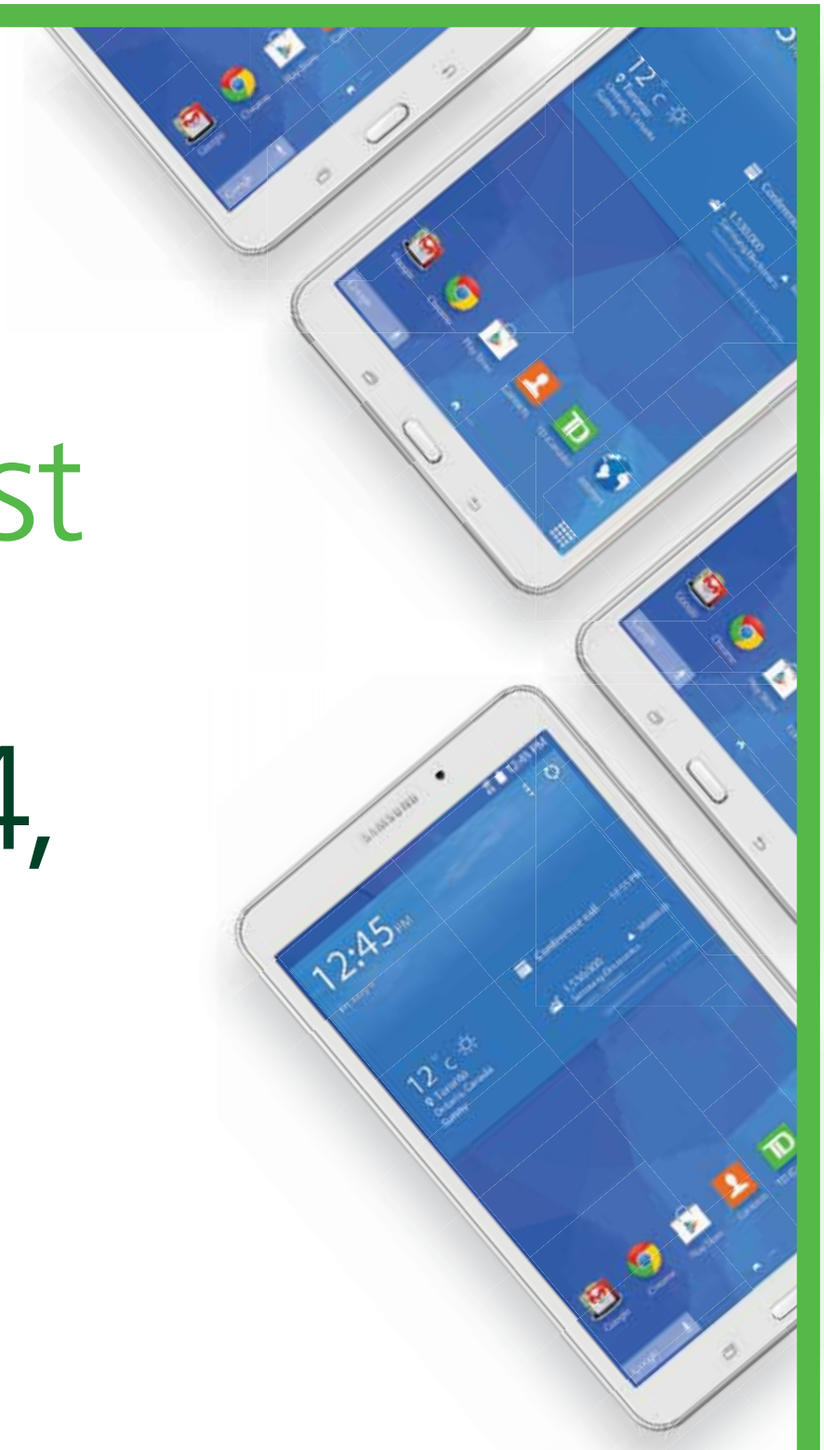

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BETA WEDDING BANDS, ANYONE?

SHE SAYS

Jessica Napier
metronews.ca

For those of us in our twenties and thirties, midsummer is the height of wedding season. Even if you haven't been invited to a real-life ceremony, it's impossible to escape the deluge of posed group photos and cutesy couple hashtags that take over Facebook and Instagram feeds every weekend.

Weddings might seem to be ubiquitous on social media, but a new U.S. survey suggests our generation isn't entirely keen on the idea of "till death do you part". Trend researchers recently polled 1,000 Millennials — defined as 18- to 34-year-olds — about their attitudes toward marriage and found that over 40 per cent believe vowing to stay together forever is an outdated tradition that should be abolished.

In the same study, participants were asked about their opinions on a few alternative marital models — because if so many of us think it's time to retire the "for as long as you both shall live" concept, perhaps we need to start making our own rules.

When asked about a variety of hypothetical arrangements, 21 per cent of respondents said they would consider what the researchers dubbed the "Presidential" approach, in which couples would vow to marry for a four-year term and then opt to either stay together or re-elect a new partner. Ten per cent of respondents liked the idea of a "Multiple Partner" model, while 36 per cent of people favoured the "Real Estate" approach — wherein marriage licences would be valid for five-, seven-, 10- or 30-year periods, after which the terms would be renegotiated.

The most popular model offered by the researchers was the tech-inspired "Beta" union, in which marriages would be subject to a trial period, much like a new app or software product. In this scenario, newlyweds would test-run the union for two years in order to work out any kinks or bugs and then choose to proceed with the marriage or dissolve the partnership without any of the nasty consequences of a formal divorce.

Personally I think the concept of beta testing a marriage sounds a lot like living together. Common-law relationships tend to look and feel like a marriage but without the rings, the ceremonial paperwork and the expensive party.

So what can we take from the results of this study?

Are Millennials a generation of unromantic commitment-phobics, or are we justified in reimagining matrimony for the modern age? Monogamous lifelong marriages aren't for everyone, but that doesn't necessarily mean we should reinvent the entire cultural institution. Renewing your vows to solidify your commitment to one another is a romantic gesture, but I certainly don't think anyone would appreciate having to renew their marriage every five years like they would a driver's licence.

Every partnership is unique, and when it comes to governing your relationship it's up to you and your partner to create your own rules.

EID MUBARAK

metro AR

People ride on bumper cars during an Eid celebration in Burgess Park on Monday in London, England. The Muslim holiday Eid marks the end of 30 days of dawn-to-sunset fasting during the holy month of Ramadan. For a photo gallery of Eid celebrations around the world, scan this image with your Metro News app.
DAN KITWOOD/GETTY IMAGES

Fast turns to feast for Muslims around the world, though wars cloud celebrations

Muslims celebrated the first day of the Eid al-Fitr holiday Monday, which marks the end of the monthlong fast of Ramadan. The three-day-long Eid al-Fitr holiday is a time to celebrate the completion of Ramadan, a month devoted to worship and repentance during which observing Muslims abstain from food and water from sunrise to sunset every day.

Muslims in Indonesia, across the Middle East, parts of Africa, Europe and the U.S. marked Eid on Monday. Millions in Morocco, India and most of Pakistan were still fasting Monday and will likely celebrate Eid on Tuesday. That's because Muslims use a lunar calendar and a moon-sighting methodology that can lead to the month of fasting ending on different days.

Turkish President Abdullah Gul reminded people in his Eid message that though Turkey was enjoying a peaceful holiday, many of its neighbours were not. THE ASSOCIATED PRESS

Celebrations and sadness

"We just can't ignore that there are many, many people, not just in Palestine, that simply just can't even have a proper day to rest and mourn their dead."

Iman Eddbali, 26, a Muslim in Qatar, who said that the imam leading prayers in her local mosque urged worshippers to be happy for those who cannot be happy this year

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In this issue, you can find AR enhancements on page 13 in Scene, page 17 in Life and page 18 in Sports.

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metro AR

MetroTube

Get inside before you start seeing sharks

ANDREW FIFIELD
andrew.fifield@metronews.ca

Watching skies become smeared with spooky clouds, bracing for a wall of rainfall racing toward you, breaking the oppressive humidity of scorching summer days — there's a lot to be said for taking a moment to enjoy some spectacular weather.

There needs to be some common sense involved, though. For example, if the plastic bags dancing on the breeze are replaced by barbecues, it's time to head inside. The same holds true if the sky sends an explosive bolt of lightning into your neighbourhood — wise advice that would have sent this Tennessee tornado-taper back to the house about 30 seconds earlier. (youtube.com/cfields33)

METRO PHOTO ILLUSTRATION

metro
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You Reddit right: Fans get Q&A with Seinfeld

You ask, he answers. As he promotes his new show, comedian takes to the web to answer fan questions

LISA WEIDENFELD
Metro World News in New York

Jerry Seinfeld returned to the hallowed halls of Reddit to do another Ask Me Anything after doing one last January. He's promoting his new show, Single Shots, which is a spinoff of his current Comedians in Cars Getting Coffee. After assuring one Redditor that "conversations are taking place" regarding getting Seinfeld to Netflix, he got down to the important stuff. Here are some of the more non sequitur highlights. There were a lot of food questions.

I noticed you are left-handed, but in The Understudy episode you threw with your right hand. Ambidextrous?
I am ambidextrous! Good observation.

In Seinfeld, I've noticed the hat behind your computer randomly switches from Mets to Yankees. I know you are a huge Mets fan so I've always wondered the reason for this.
Because Larry David was a Yankees fan, so we kind of would go back & forth.

What is your most memorable scene from Seinfeld that had to be re-shot the most because everybody kept laughing?
When Frank Costanza, George's father, said to Elaine "Do you want a piece of me?" when he thought that she wanted to have a fistfight. That one, we had to do over and over because nobody could stop laughing. Every time Jerry Stiller would say "Do you want a piece of me?" we had to stop.

Jerry Seinfeld won't eat cereal with you, in case you wondered. GETTY IMAGES

Do you have a rule of thumb for where the second button on a shirt should be when you're shopping?
Yes, it shouldn't pull the fabric, and it shouldn't show, you know, more than a certain amount of breastbone. It is a tricky button.

I recently realized that if we don't have milk in our fridge in the morning, on a scale of one to 10, my day only has the potential of reaching a six. What's that one thing for you that curbs how well your day can go?
The quality of the coffee. I didn't really used to drink coffee in the '90s, whenever we would sit in the coffee shop on the show I wouldn't drink coffee, they would put coffee in the cup so it looked like I was drinking it, but I wouldn't drink it. I don't know what changed. But I got into it, in the '90s and I finally figured out why everybody was interested in it, and then I became obsessed with it. There's just — as Duke Ellington famously said — "there's only two kinds of music, good and bad," and it's the same with coffee.

Two of my dreams are to be accosted by Larry David on the street and to eat cereal with you. Which is more likely to happen?
Neither, I think your life will go on as it's been and you will never reach these peaks. My Reddit associate suggests I throw you a bone. I think there's a possibility of that happening. If I had a bone, and I saw you, I would throw it at you.

AUGMENTED REALITY

→ Mmmm, donuts! Scan this photo with your Metro News app to see a video of Jerry Seinfeld, Tina Fey, Brian Regan, and Sarah Silverman chat about this king of snacks.

metro AR → See the full instructions on Metro's Voices page.

DVD review

The Other Woman

Director. Nick Cassevetes

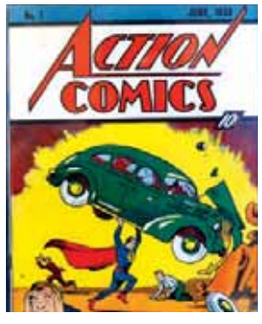
Stars. Cameron Diaz, Leslie Mann, Nikolaj Coster Waldau

The main actors — Cameron Diaz, Leslie Mann and Kate Upton on one side, Game of Thrones' Nikolaj Coster-Waldau on the other — all figure they're making a big studio romantic comedy. Director Nick Cassavetes isn't so sure. One moment he's indeed making that studio rom-com, hitting beats with yuks about public drunkenness, projectile bodily fluids, inconvenient pet pooches and smartass secretaries. The next he's drifting along with a serious drama about infidelity that's more in line with the indie film world that Cassavetes (The Notebook, She's So Lovely) hails from. Gawking at this mess does make for an interesting sit, though, much like watching a slow-motion train wreck. And the pairing of Diaz and Mann, both great comic actresses, suggests the two could really click in a better movie written to properly showcase their talents. The Other Woman raises serious issues of how men treat women, and how women react to infidelity that the more serious side of Cassavetes might have profitably explored.

PETER HOWELL

Up and away. First Superman comic bound for eBay

A purportedly pristine copy of the first Superman comic book could fetch millions of dollars when it goes up on eBay. A copy of Action Comics #1, in which the Kryptonian superhero made his debut in 1938, will be offered in an eBay auction that opens on Aug. 14 and runs for 10 days. "This is an extraordinary opportunity to acquire the most valuable comic book in existence," Gene Cook of eBay marketplaces said in a release. AFP



Movies

Guardians already set for sequel

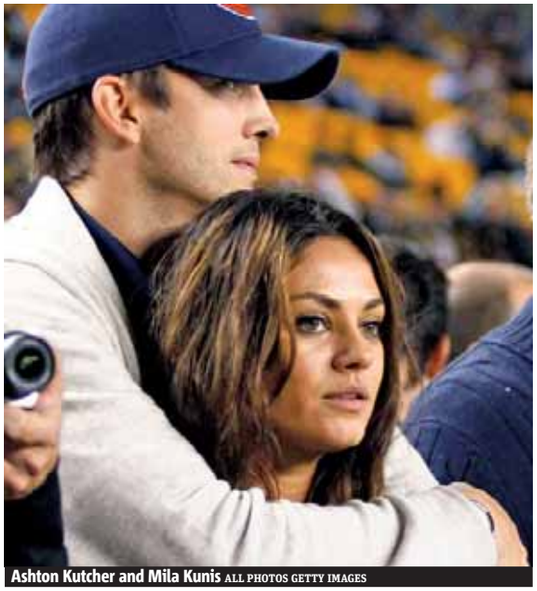
Guardians of the Galaxy is not even out in theatres yet, but Marvel has already announced that the second episode will arrive in 2017. Although it may seem somewhat precipitous, Marvel's announcement at Comic-Con of a Guardians of the Galaxy sequel is based on the largely positive response from the press to the movie's first screenings. AFP

Comic-Con. Game of Thrones cast additions revealed for Season 5

At Comic-Con this weekend, HBO created quite a stir by revealing the list of actors who will join the cast for season five of Game of Thrones. Nine new characters will be introduced in this fifth season, as indicated by author George R. R. Martin and by the show's producers David Benioff and D.B. Weiss.

Several of the new faces will inhabit the Kingdom of Dorne. Alexander Siddig (Star Trek: Deep Space Nine) plays Doran Martell, the current ruler of Dorne. Toby Sebastian will play his son Trystan Martell, who is engaged to be married to Myrcella Baratheon, played by Nell Tiger Free. DeObia Oparei, seen in Pirates of the Caribbean: On Stranger Tides, will play Areo Hotah, the captain of Doran Martell's palace guards. AFP

SCENE



Ashton Kutcher and Mila Kunis ALL PHOTOS GETTY IMAGES

That '70s wedding: Cast of show to play big part in Kunis-Kutcher nuptials

Fans waiting to see Ashton Kutcher and Mila Kunis walk down the aisle are going to have to sit tight for another 12 months, as the engaged expectant parents are reportedly looking at a July 2015 wedding date, according to Radar Online. "The wedding will be next July. They want to focus on their daughter first and having it next summer seems logical," a source says. "They won't have a big production but it will be elaborate. The wedding party will consist of the cast of That '70s Show as they are all very close. They still hang out with the original cast all the time. Most likely Danny Masterson will be the best man because him and Ashton are like brothers."

Sandra Bullock

Bullock and besties hit Cowboy Bar for a half-century hoedown

Sandra Bullock toasted her 50th birthday this past weekend with a lavish trip to Jackson Hole, Wyo., with Chelsea Handler and a group of other female friends, according to E! News. The group was spotted hitting the Million Dollar Cowboy Bar for a quick drink, though it didn't seem to be a rager, apparently. "There were probably six to 10 women in the group. It appeared to be a ladies night. They just came in to listen to the band," a source says. "It was pretty low-key. They all had one drink and were all dressed casually. Sandra looked radiant, beautiful and was very sweet. It looked like she was having a blast."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Cara De-loving? Bieber not a-Justin well to Gomez's galpal

NED EHRBAR
Metro in Hollywood

Justin Bieber is apparently none too thrilled that on-again, off-again girlfriend Selena Gomez appears to be total BFFs with model Cara Delevingne, according to the Sun. "Justin has called Cara on more than one occasion, wanting to know what's going on. It's been clear that he's had a drink beforehand, too." I can understand Bieber's concern. Delevingne, you see, was most recently dating actress Michelle Rodriguez, and while the same source accusing Bieber of drunken, paranoid phone calls claims the relationship between Delevingne and Gomez is clearly platonic, Gomez did date Bieber for a long time. And anyone who's seen the website Lesbians Who Look Like Justin Bieber knows where I'm going with this.

Madonna

Candy court: Madge may be in legal mess over exercise empire

That pesky Hard Candy lawsuit that Madonna tried to get thrown out completely? Well, not only is it going forward, but it looks like Madge herself may be forced to testify. "Prior to taking the deposition of Madonna Louise Ciccone, the plaintiff shall take the depositions of the three individuals who filed affidavits in this matter as to jurisdictional contacts with Florida to determine if those individuals have sufficient knowledge regarding jurisdictional matters. If the three individuals do not have sufficient knowledge as to jurisdictional matters, Ciccone may be subject to deposition," court documents obtained by TMZ state. The whole mess boils down to Madonna's decision to start a fitness apparel and DVD line called Hard Candy, named after her 2008 album and subsequent world tour. Except there's already a beauty company called Hard Candy, and it claims Madonna's is infringing on its copyright. This could get ugly.

Did pop's reigning duo ditch West's wedding for status reasons?

New details are leaking out as to why Jay-Z and Beyoncé sat out pal Kanye West's recent wedding: Apparently they were too good for it. "Beyoncé wasn't going to allow (West's new bride) to socially climb her. They are guarding like hell their status," a source tells Page Six. "Jay didn't want Kanye with (the bride). He thinks it's bad for business. I think Jay lost a little respect for Kanye there." Advantage: Jay and Beyoncé.

Jay-Z and Beyoncé

Twitter

@SethMacFarlane
1st day of filming on Ted 2: Back in the Habit

@NiallOfficial
thought I'd lost it since because of my operation, but the love for golf is back, can't get enough of it!

@rickygervais
Masturbate like God isn't watching.

What you don't know can hurt you

Skin cancer. Here is everything you don't know (but should!) about sun safety

MEREDITH ENGEL
life@metronews.ca

Applying sunscreen isn't enough when it comes to sun safety. ISOCK

You know to apply (and re-apply) sunscreen.

But what you don't know about sun protection could mean the difference between a summer on the beach and one on the operating table.

We asked experts to fill us in on the beyond-basic skin rules you need to know for protecting yourself this summer.

You need sunscreen every .... single ... day.

Yes, even when it's cloudy, raining, sleeting; you get the idea. The sun beams out UVA and UVB rays. The latter are the sun's most damaging rays during the summer months, in the middle of the day, says Dr. Neal Shultz, a New York City dermatologist. But it's the UVA rays that are "more plentiful and present all year long, and at all times of the day, and much more important in causing premature aging and causing skin cancer," he says.

Put your sunscreen on as the first layer of products you apply to your face. That means it goes under your makeup, ladies.

You're sweating off your sunscreen more than you think

You want to reapply after you go for a dip and after you get sweaty. But even if you're just lounging around, you still need to reapply every two to three hours "because there's something called insensible perspiration, which invisibly washes away the sunscreen," says Shultz. This is when your body doesn't realize it's sweating "because [the sweat's] evaporating before it collects on your skin." It's a necessary part of your skin's breathing process, but it makes the sunscreen you've got on obsolete.

You don't need SPF 100

You might think you're doing your body some extra good, but even a 15 provides almost 90 per cent coverage from the sun's rays (an SPF 30 provides more than 95 per cent coverage). But don't get too cosy, regardless of the number: "Whether the SPF is 15, 30 or 100, it needs to reapplied with the same frequency," Shultz says.

Boozing? You're more likely to burn

Nothing beats laying poolside with a cocktail, but when you're drinking, your skin is way more vulnerable to the sun. That's because alcohol dilates your blood vessels, meaning there's more red in your skin, and "the pinker the skin, the closer the blood cells are to the surface — and therefore, they absorb more damaging UV," Shultz says.

You can get skin cancer in spots that aren't exposed to the sun

Even if you're not sunbathing in the nude, you can still get skin cancer in your groin and anus (apologies for the visual).

Other weird places you can get it? Your mucus membranes, like inside your nose and mouth. Have a dentist check inside your mouth for splotches, recommends Dr. Sapna Patel, assistant professor of melanoma medical oncology at the University of Texas MD Anderson Cancer Center.

Breathe easy. Tips for asthma sufferers

Pollution, summer heat, and environmental elements like mould in a cottage or allergens in the air can all put additional stress on your respiratory system. For those with asthma, allergens can cause symptoms to flare up as lung airways become inflamed, filling with mucus and causing difficulty breathing.

Simple steps can help you take control of your condition and breathe more easily.

• Before any travel, make sure that you have an action plan developed with your doctor.

• Ensure that your asthma plan is updated with a description of medication changes and other actions to take if your asthma worsens unexpectedly.

• Pack your asthma medication and always take it as prescribed by your doctor. This means taking your maintenance medication everyday or as prescribed, even when you are symptom-free. NEWS CANADA

Taking simple steps like packing asthma medicine when going on vacation can help those who suffer from the condition enjoy their summer. ISTOCK

Invention

Personal Drink ID

It is a palm-size device that could save your life.

Known as pd.id (Personal Drink ID), the battery-operated gadget, when immersed in a beverage, will use its embedded technology to identify whether a drink has been tampered with.

Get involved in the production of pd.id by heading to indiegogo.com and donate to a cause much more worthy than potato salad. METRO

For your phone

Flower Power (iPhone/ Android; $69.95)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Although its short range limits use to house plants, this app-connected sensor is an effective way to understand the needs of your plant by monitoring water, sunlight, and temperature changes.

Lighten your day with play

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Play on!

In the latest issue of Best Health magazine, Canada's healthy lifestyle brand for women, writer Lisa Meekison explores the science behind play. Yes, as in, fun.

There is new research suggesting that play is not only essential for health and happiness, but that we must play if we want to be at our full potential.

We are the inheritors of a Puritan work ethic that says work is the path to happiness and success.

We're suspicious of play: Henry Ford supposedly frowned upon any smiling on his assembly lines, in case workers got the idea that fun was OK. Even now, the media landscape is awash with pundits — from business gurus to "tiger mothers" — who say that in these uncertain times, we must focus on work and self-improvement. The result? Kids are over-programmed and bubble-wrapped, and adults are simply too exhausted to play.

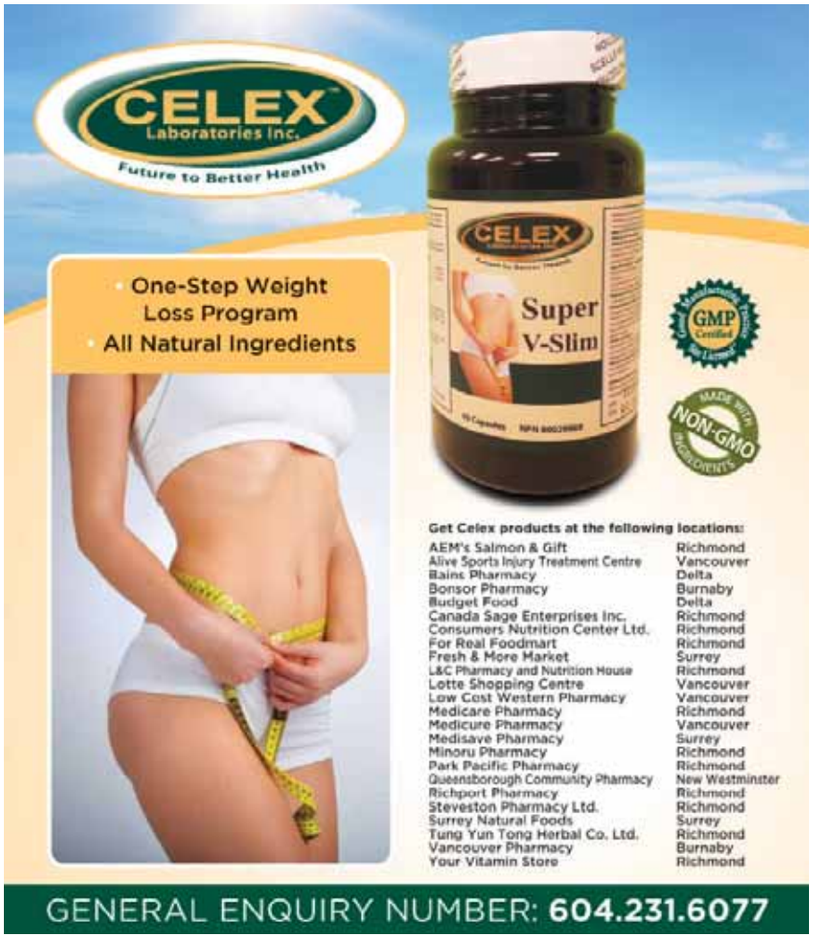
But play creates interconnectivity. New studies show that play lights up different areas of the brain simultaneously, indicating that play is creating new neural connections and strengthening existing ones. This boosts our memory and makes us smarter. Play also makes us more creative, psychologists believe, as it develops styles of thinking and feeling that we draw on in the moment of creation.

And, of course, play makes us feel better. Experts suggest that the lift in mood we get from play could be because it gives us a much-needed break from the worries and tasks of our everyday world.

This isn't to say we should all put on clown noses and big shoes. It's about approaching life with lightness and making time for joy. Tug-of-war, charades, even an egg toss outside with the whole family — they're fun. Play lets us explore our body's strengths, the rules we live by, our talents, relationships and the world around us.

Studies show that play creates interconnectivity. ISTOCK

Ultimately, we are creative and gifted. We can lift ourselves to our dazzling potential by playing our way to health and happiness. **FOR THE FULL ARTICLE, PICK UP THE LATEST ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA.**



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GameSense
19+

Score duck — and creativity points

This recipe serves four. THERESA ALBERT

Herb-Marinated Duck Breast with Orange Reduction.

An easy trick will help to get rid of some of its fat, making duck a unique choice

Duck has an unearned bad name for being difficult and fatty. However, making shallow cuts in the duck breast — called scoring — helps it to release the fat during cooking.

It is the only trick you need to know. That's because this wee secret means you have another weeknight meat to serve.

Ingredients

Marinade
- 2 duck breasts (6-8 oz each)
- 2 sprigs fresh thyme, finely chopped
- 6 basil leaves, finely chopped
- 2 sprigs parsley, finely chopped
- 1 sprig rosemary, finely chopped
- 2 garlic cloves, minced
- Olive oil
- Salt/pepper to taste

Orange Reduction
- 1 cup honey
- 3 navel oranges (cut into quarters with skin on)
- 1 onion, peeled and diced
- 1 cup orange juice
- 1 bay leaf
- 10 peppercorns

1. Make shallow slices through skin of duck breast. Mix all marinade ingredients together and let marinate overnight, in a bowl covered with plastic wrap in the fridge.

2. Bring honey to boil and add rest of ingredients. Mix and let cook over medium-low heat for 30 minutes. Strain.

3. Heat oven to 400 F. Add oil to pan and place duck breasts in skin side down. Let sear for 2-3 minutes or until golden brown. Flip and place into a 400 F oven for 9 minutes. Remove from oven and let stand for 2 minutes to let the juices flow evenly throughout the breasts. Slice thinly into strips and drizzle with honey glaze. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY OF STE. ANNE'S SPA IN GRAFTON, ONT.

AUGMENTED REALITY

→ What the duck? Scan this photo using your Metro News app to follow along as Theresa Albert learns more about duck meat and how these birds are raised!

→ See the full instructions on Metro's Voices page.

Health Solutions

This fowl has a foul rap

Duck breast can offer variety to any restaurant menu or kitchen table.

The misperception that duck is a higher calorie meat than, say, chicken, is way overblown, says Chef Christopher Mark at Ste. Anne's Spa in Grafton, Ont. It is fattier but the fat renders easily and can be skimmed off before serving, thereby making them almost the same. The richness of duck's flavour means that you can serve less and feel just as satisfied.

Roasting a whole duck is just as easy as roasting a chicken. The only trick is to score the skin to let the fat drip out. Be sure to line your roasting pan and catch the drips. Don't be tempted to add liquid to the pan to make a jus, it will sputter and spatter something awful.

Serve something sweet on the side since duck pairs well with fruit. THERESA ALBERT

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De Voest serves final memory at Hollyburn

'A special spot.' North Vancouver resident and former VanOpen champ playing the last tournament of his career

CAM TUCKER
cam.tucker@metronews.ca

Rik De Voest has already announced this will be his final professional tennis tournament, so of course, this one holds a special place in his heart.

Not just because of retirement or the spectacular scenery.

The Odlum Brown VanOpen at Hollyburn Country Club in West Vancouver has had a lasting impact on De Voest's life. He met his wife, Carolyn, here in 2005. They now have a baby son, born March 4.

On the hard court at Hollyburn, De Voest is also a men's singles champion and a two-time doubles champion. The 2014 competition, however, is it.

"I decided this would be a special spot for me to finish my career," said De Voest on Monday morning, prior to his evening match with American qualifier Jason Jung in men's singles.

"It holds so many memories. It's where my new chapter of life began with my wife and now residing here."

Rik De Voest returns a shot during a practice at Hollyburn Country Club in West Vancouver on Monday. De Voest is competing in the Odlum Brown VanOpen. CAM TUCKER/METRO

The result of his match was not available before Metro's deadline.

De Voest, 34 years of age and a professional tennis player since 1999, now calls Lynn Valley in North Vancouver his home.

He was born in Italy and moved to South Africa as a child.

But he has his permanent residency card for Canada, and entered the tournament billed as the local guy to watch.

His first-ever trip to Vancouver was for the 2005 tournament, where he met Carolyn, previously an athletic director at Hollyburn.

He won the men's singles event the following year.

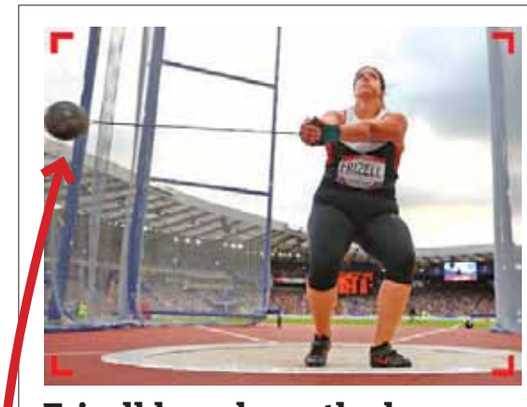
De Voest gained entry into this year's competition through a wild card spot. He said he's already prepared for life beyond tennis.

His time on the professional tours has given him many good memories. Now, it's time to move onto something else. De Voest is currently studying to attain his real estate licence.

"I've come to terms knowing this will be my final event," he said.

"I've spent my whole childhood and adulthood — pretty much my whole life — involved in tennis. So for it to finally be coming to an end is definitely a new chapter."

Follow Cam Tucker on Twitter @camtucker_metro



Frizell lays down the hammer

Sultana Frizell of Perth, Ont., broke the Commonwealth Games hammer-throw record three times en route to winning the gold medal on Monday. The 29-year-old's best throw of 71.97 metres claimed Canada's first track-and-field medal in the Glasgow, Scotland-hosted Games. Scan the image with the Metro News app for more on Monday's events, including the men's 100 metres. IAN WALTON/GETTY IMAGES

CFL. Lulay anxious to return to struggling Lions

Travis Lulay felt like a kid again Monday — at least for a little while.

The B.C. Lions quarterback, who is nearing the end of his stint on the six-game injured list, returned to practice for a few plays as his club prepared for its next game Saturday in Calgary against the unbeaten Stampeders.

"It was just fun to be able to practise again," said Lulay, who has been sidelined since the start of the season. "I've been watching for a long time. So the joke is that I've got fresh legs now."

The freshness of his shoulder, however, remains in question as he continues to recover from off-season surgery to repair a torn labrum. Lulay took part in a spring offensive mini-camp, but the shoulder was not up to strength for training camp or the pre-season, and the Lions (2-3) placed him on the six-game injured list prior to their regular-season opener. THE CANADIAN PRESS

Quoted

"This is the first step into a live environment with moving parts and reading defences and all of that stuff." Travis Lulay

MLS

Morales getting all-star shaft not a bad thing for Caps

It's hard to imagine that Pedro Morales was left off the MLS all-star team for next week's exhibition with Bayern Munich, but getting the shaft has probably never been such a benefit for the Vancouver Whitecaps.

Morales, who signed in March as a designated player, has been easily Vancouver's best player to this point in the season and he showed that again in Sunday's 2-2 draw with FC Dallas.

The attacking midfielder from Chile had a career-high 12 shot attempts, including five on target.

His goal off a penalty kick in the second half gave the Whitecaps the single point in a tightly contested Western Conference playoff race.

Morales was asked about not being selected to the MLS all-star side. He started his answer with a shake of the head.

Through assistant coach and translator Martyn Pert, Morales said that he was just thinking about the team, and that it was one less game for him to play.

While there may be some individual disappointment, the Whitecaps should be better off because of it.

Their best player won't have to go through the rigours of travel and additional playing time accompanied with such an event.

The Whitecaps need Morales healthy.

They need him as fresh as possible during this stretch, which continues with a road match against the Chicago Fire on Wednesday. CAM TUCKER/METRO

Pedro Morales GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will get more out of being sociable today than by sitting at home. Someone you meet on your travels will open your mind to new ideas and new possibilities.

♉ Taurus
April 21 - May 21
If you want something enough, you will find a way to get it. If you have the courage to take a risk, you may hit the jackpot. Listen to your instincts — always.

♊ Gemini
May 22 - June 21
The closer you work with other people today, the more likely it is you will share in something that brings great benefits to everyone, both personal and professional.

♋ Cancer
June 22 - July 23
You need to find a place where you can be alone with your thoughts. The more you contemplate the meaning of life over the next few days the more life will bless you later.

♌ Leo
July 24 - Aug. 23
Life is getting faster and there will be no let-up over the next few days. One thing you won't be is bored. It will all be great fun, though.

♍ Virgo
Aug. 24 - Sept. 23
The changes that are taking place in your life are quite natural and should not be resisted. Everything is all right.

♎ Libra
Sept. 24 - Oct. 23
Have faith in your own ideas and don't be afraid to take a risk. Deep down, you know you're on the right track.

♏ Scorpio
Oct. 24 - Nov. 22
The planets make it easy for you to approach people in positions of power today. But your proposal must be well thought out. They won't be impressed if it is easy to pick holes in your plan.

♐ Sagittarius
Nov. 23 - Dec. 21
What can you do to make someone's life more exciting and fulfilling? Your kind words and good deeds will have a ripple effect, making you a force for positive change.

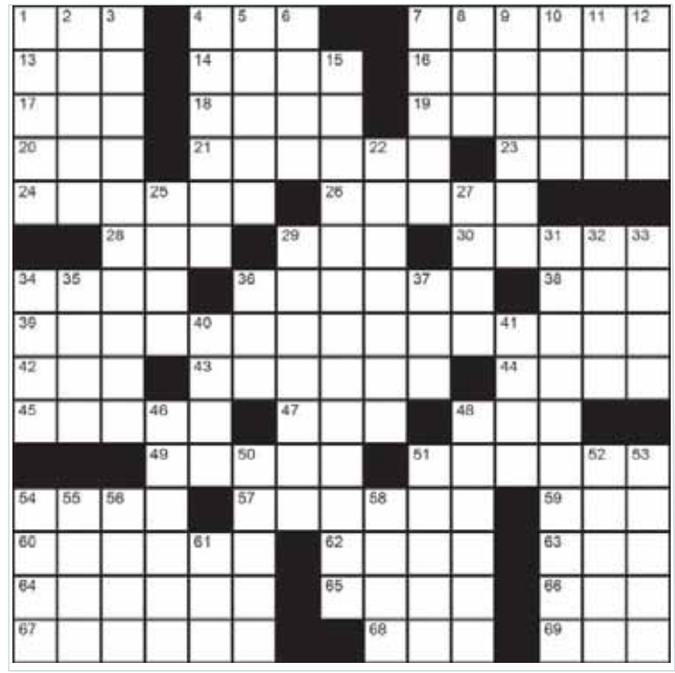
♑ Capricorn
Dec. 22 - Jan. 20
Something you are working on would benefit from a second opinion. You must listen to advice from those who have been there and done it before you.

♒ Aquarius
Jan. 21 - Feb. 19
It's OK to put your own interests first. It's good of you to want to help those in need but you have desires, too.

♓ Pisces
Feb. 20 - March 20
Let loved ones make their own decisions for a change. Too often, you have done everything for them. That's not good for you or them.

SALLY BROMPTON

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Play-__
4. Texter's incidentally
7. Tooth __
13. Compass point
14. "__ it Memorex?"
16. "Austin Powers in Goldmember"
17. 'RCMP', e.g.
18. Running shoe brand
19. Spanish airline
20. Bar beverage
21. Portage Ave.'s Winnipeg partner: 2 wds.
23. Grease
24. Poseidon: 2 wds.
26. __ rug
28. Quickly write down
29. Arcade Fire singer Mr. Butler
30. Door parts
34. Busy as _ __
36. Chocolate store-bought treat: 2 wds.
38. Norse Myth: Underworld goddess
39. Paleontology: Dig excitement causer!: 2 wds.
42. Famed tomb king
43. Retro sci-fi Hollywood offering, _-__
44. Egyptian goddess
45. Mode
47. "_-_-_-d-y." (How Canadian actress Ms. Crewson spells her first name)
48. Scoundrel
49. Ms Macphail, Canada's first woman MP, in 1921
51. Atomic No. 16
54. Muscat is its capital
57. Actors Alan and Adam
59. Helios' 'H'
60. Aussie singer Ms Goodrem's
62. Eye part
63. Nero's 7
64. Refrain
65. Yep's opposite
66. Long ago
67. Compact
68. __ worth
69. Domicile [abbr.]

Down
1. "Lost in the Plot" by Montreal band The __
2. Timely way to deliver lines: 2 wds.
3. __ __ The Queen
4. Witty remark: 2 wds.
5. Group of three
6. Collaborative web-site name prefix
7. Gives off
8. Calligrapher's prop
9. __ & Davide (Makers of Queen Elizabeth's signature black patent leather shoes)
10. Ms. Sorvino
11. Mideast chieftain, variantly
12. Guide
15. Kim Cattrall's new dark comedy on HBO Canada: 2 wds.
22. Becomes really clear: 2 wds.
25. Leaves
27. __ sax
29. Guy like Tom Hanks in "Sleepless in Seattle" (1993)
31. The Band song that ends with "But just before she leaves, she receives.": 2 wds.
32. Brand of skin lotion
33. Rock star Mr. Stone's
34. Times to follow morns
35. Concerning, fun-style
36. Alphabet sequence
37. Expert
40. Elvis hit: "_ __ of You"
41. Scientist's solution holder
46. Canadian sugar brand
48. __ apple
50. Mean
51. Sharpshoot
52. Handy
53. Viking maneuvers
54. Un-evens
55. Encounter
56. First 'A' of aka
58. Cast-__ pan
61. Call for

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		2		7		8	
	2	3				7	5	
7								3
		4	5	6	9	8		
		2	7	8	4	5		
6								2
	1	5				9	4	
	7		9		3		6	

Yesterday's Sudoku

3	9	6	5	8	1	7	4	2
2	7	8	3	4	9	5	1	6
1	5	4	6	7	2	8	3	9
9	8	1	7	5	3	2	6	4
7	2	3	1	6	4	9	5	8
4	6	5	2	9	8	1	7	3
6	1	9	4	2	5	3	8	7
5	4	2	8	3	7	6	9	1
8	3	7	9	1	6	4	2	5

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